

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

August

Canning 101: Water-bath

Thursday, August 17 @ 6–9pm

Fee: \$25

Location: K-State Olathe campus

[Click here to Sign Up](#)

Canning 102: Pressure Canning

Thursday, June 17 @ 6–9pm

Fee: \$25

Location: K-State Olathe campus

[Click here to Sign Up](#)

September

Electric Pressure Cooking Level 2

Thursday, September 2 @ 6–8pm

Fee: \$25

Location: Jo Co Extension Office

[Click here to Sign Up](#)

Don't Kick the Can!

Canning is a tried and true preservation method that dates back to 19th century France. Many still find this historical practice to be a great way to store large amounts of produce and other food, but it's important to use current recipes from a credible source because pathogens thrive in room temperature environments. If your food is preserved incorrectly, it can develop dangerous illness-causing bacteria.

Science-Based Research

Protect yourselves and your loved ones by using updated, scientifically research-based recipes found at your Extension Office, the USDA, the National Center for Home Food Preservation or Ball. And remember, only use recipes from these sources that have been published within the last 8-10 years. Those old Ball Blue Books are fun to look at, but they may no longer be safe to use if they're older than 10 years.

Canning in Pressure Cookers

The USDA does not recommend using pressure cookers for pressure canning low-acid foods. Pressure cookers tend to have less metal so won't conduct heat as efficiently or effectively. Also, cookers are usually smaller (6 to 8-quarts) and will use less water thus generating less steam which results in under-processed canned foods. The USDA recommends using a stovetop pressure canner that can hold at least 4 quart-size jars, which is generally a 16-quart or larger canner.

Altitude Adjustments

Altitude also plays a part in canning even in "pancake-flat" Kansas. Altitudes can range from below 1,000 feet to just over 4,000 feet. Not adjusting for altitude will lead to under-processed food because water boils at lower temperatures in higher altitudes. If you live over 1,000 feet, then you must adjust your canning recipe to compensate for the higher altitude. Click here and enter your address to find your altitude: <https://whatismyelevation.com/>.

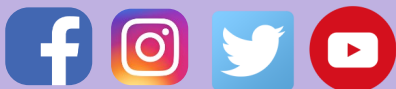
Want to learn more about home canning? Consider attending our in-person workshops! We have two programs coming up.

- Canning 101: Water-bath Canning on August 16th
- Canning 102: Pressure Canning on August 19th

These classes will take place at K-State University Olathe campus and are \$25 each.

[Click here to Sign Up](#)

Source: Johnson County K-State Research and Extension and the National Center for Home Preservation.



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.



Recipe of the Month

ZESTY SALSA

- 5 cups chopped, cored, peeled tomatoes
- 2-1/2 cups chopped, seeded green bell peppers
- 2-1/2 cups chopped onions
- 1-1/4 cups chopped, seeded chili peppers (hot banana, Hungarian, etc.)
- 2/3 cup cider vinegar
- 1 garlic clove, finely chopped
- 1 tablespoon finely chopped cilantro
- 1-1/2 teaspoon salt
- 1/2 teaspoon hot pepper sauce, optional

1. Prepare stockpot/canner and jars as directed.
2. Combine tomatoes, green peppers, onions, chili peppers, vinegar, garlic, cilantro, salt and hot pepper sauce in a large stainless steel saucepan.
3. Bring to a boil over medium-high heat, stirring constantly.
4. Reduce heat and boil gently, stirring frequently until slightly thickened, about 10 minutes.
5. Ladle hot salsa into jars, leaving 1/2-inch headspace. Remove air bubbles; re-measure headspace. Wipe rim; center lid on jar. Screw band until fingertip-tight.
6. Process filled jars in boiling water for 20 minutes, adjusting for altitude. Remove stockpot lid. Wait 5 minutes, then remove jars, cool and store.

Source: Ball's Beginner's Guide to Canning & Recipe Booklet



Nutrition Facts

Serving Size Pints (290g)
Servings Per Container 3

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 520mg **22%**

Total Carbohydrate 16g **5%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 3g

Vitamin A 30% • Vitamin C 220%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4